

Patient Instruction Sheet for Virtual Colonoscopy-MoviPrep PM (evening)

Description of the Procedure: Virtual colonoscopy is a non-invasive procedure, which uses computed tomography (CT) to take pictures of the colon after it is filled with a moderate amount of carbon dioxide (CO₂). A short pediatric size lubricated tube will be placed in your rectum. As your colon fills with CO₂ you will feel “bloated”. The CT scan will take pictures of your colon while you lie on your back and on your stomach. The exam will take about 10 minutes.

Below are instructions on how to take your prep medications: For best results and to avoid “accidents” during your commute on your way to the hospital, adhere strictly to the instructions below. If you need to reschedule or have questions please call 703-805-0545 Monday-Friday 0730-1600 or WRAMC VC Center at 202-782-0887

3 Days Prior

STOP fiber supplements and follow a LOW-FIBER diet.

Avoid	Whole grain breads, cereals, and pasta; bran cereal, oatmeal, brown rice, raw fruits and vegetables, dried fruits and vegetables, beans, nuts, seeds, chunky peanut butter, jam, corn, popcorn, coconut, pickles, horseradish, relish, drinks with pulp.
Recommend	All meats, seafood and dairy products; eggs, regular pasta, white rice, white bread, pastry, cooked potatoes (no skin), fruit juices without pulp, all oils, margarine, butter.

The Day BEFORE the Exam (Please Check as completed)

Examples of **clear liquids** include, sports drinks (highly recommended because they contain electrolytes) such as “Gatorade”, water, flavored water such as “Crystal Light”, pulp-free fruit juices, sodas, gelatin, popsicles, hard candy, broth (bouillons), coffee, and tea (limit the amount of caffeine) with sugar, sugar substitutes, honey, NO cream or milk. There are no restrictions with the color of the liquids. Continue to take your regular medications as directed by your physician.

Time	Instruction
6:00 PM	• Start restricted diet consisting <i>only</i> of clear liquids . No solid foods are allowed until the completion of your exam the next day (see above for examples of clear liquids).
10:00 PM	• MoviPrep: Follow instructions in kit to mix solution. Place in refrigerator along with the Barium Sulfate and Gastroview. This will make the liquids more palatable.

The Day of the Exam (Please Check as completed)



****We recommend wet flushable wipes, instead of plain toilet paper****

Time	Instruction
All Day	• Before starting your bowel prep, make sure you are close to a restroom. Drink plenty of fluids throughout the day to prevent dehydration. • Continue the clear liquid diet until the completion of your exam.
8:00 AM	• Drink 1 st MoviPrep container over 1 hour. Container is divided by 4 marks. Drink 8 oz every 15 minutes. Once complete drink additional 2 full glasses of a clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
11:00 AM	• Repeat steps above for 2 nd MoviPrep container. .
1:00 PM	• Drink entire 450ml bottle of Barium Sulfate Suspension .
2:00 PM	• Drink HALF of the bottle of Gastrografin (Brown Bottle) mixed with 16oz juice or soda . Discard the last half; you need to drink only 60ml (half bottle) of Gastrografin.
10 minutes Prior	• Arrive to your appointment 10 minutes prior to the CAT Scan Suite in room C131 , located on the first floor. The CAT scan suite is located next to the ER , near the main Radiology clinic. Fill out a VC Day of Exam Questionnaire when you arrive.